

MISSISSIPPI DEPARTMENT OF HEALTH

*For vomiting and diarrhea, it is important to replace lost fluids.
The following recipe can be used by all ages.*

Home-Made Oral Rehydration solution

1 quart (32 ounces) or 1 liter clean water

1/2 teaspoon (small spoon) salt

2 tablespoons (big spoon) sugar

Mix well. DO NOT HEAT OR BOIL

Many children will drink this solution without flavorings.

If your child is refusing rehydration solution, you can try adding a pinch of NutraSweet®, or sugar-free drink mix (any brand), or sugar-free Jello® mix.

Just make sure that the drink mix is sugar-free.

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